

## Future Star Soccer: Grades K-3

### Kindergarten and 1st Grade Indoor Soccer League

This indoor soccer league will give kindergarten and 1st grade boys and girls the chance to play an organized indoor soccer game each week with experienced coaches. Director Philip Douse will oversee all games throughout the season. No prior experience is required for participation. Games will be Sunday mornings at 9 am, 10 am, and 11 am.

### 2nd and 3rd Grade Indoor Soccer League

This is an expansion of the very popular Sunday morning kindergarten and 1st grade Future Star Soccer indoor instructional league. 2nd and 3rd graders can now play indoor soccer games each Sunday under the direction of coaches Philip Douse and Alex Eve. Games will be Sunday afternoons at 12 pm, 1 pm, and 2 pm.

Both K-1 and 2-3 grades are set up as follows: the first meeting of seven meetings will be used as an evaluation/fun soccer session with the intention of dividing up the registered children onto equal teams of 12. Skill development, not winning, will be stressed. Schedules will be done after the evaluation then placed on the web site ([www.futurestarsports.com](http://www.futurestarsports.com)) for easy access, giving all families the six game season schedule. Parents interested in having children placed on the same team will need to email Philip at [Philip@futurestarsports.com](mailto:Philip@futurestarsports.com). All teams will receive matching game t-shirts in week-two.

**Location:** Troy Community Center Gym

**Session:** Oct 25 - Dec 13- no program 11/29

Act#	Grades	Day	Time	Fee	Res Disc
146701A	K-1	Sun	varies	\$95	\$90
146701B	2-3	Sun	varies	\$95	\$90



### Troy Parks and Recreation Youth Sports Philosophy

Allow all youth to participate.

Provide a safe and fun environment.

Teach fundamental skills.

Develop sportsmanship and camaraderie.

Place on teams as close to home as possible.

## Family Nights at the Community Center

**Saturdays - September 12, October 10,  
November 14, and December 12**

**5-8 pm**

An inexpensive, fun night out for families living in Troy! Enjoy quality time together while you recreate at the Community Center. The north court of the gym will be open and family activities will be available including basketball at 8' goals, badminton, parachutes, an inflatable castle and more. In addition to the gym, the pool will be open for normal activities.

Members can participate in these activities at no charge. The daily admission cost for a resident non-member is \$5 per two people (adult and child) and \$7 for NR non-member.

## Detroit Pistons Youth Basketball Clinic

Boys and girls sharpen your basketball skills at this fun-packed clinic! Work on ball handling, passing, shooting, defense, rebounding. All players will be grouped according to age and by skill level.

Trophies for free-throw championship (by age group) along with giveaways and prizes. (No player appearances) Space is limited!

**Location:** Troy Community Center Gym

Act #	Grades	Day	Time	Fee	Res Disc
144300A	1 - 7	Sat, Nov 7	3-4:30 pm	\$36	\$31

## Pre-Rookie Basketball Clinic

Get a head start on your season with three hours of clinical instruction. Designed to introduce and improve basketball fundamentals and techniques in the early elementary years, the clinic will provide fun and challenging instruction. Recreation staff will lead players by building their sport confidence and teaching them how to be a team player. Don't miss out on the fun!

**Location:** Troy Community Center Gym

Sessions	Grade	Time
Sat, Jan 9	K-1st	9:30-11:30 am
	2nd-3rd	12:00-2:00 pm
Thur, Jan 14	K-1st	6-7 pm
	2nd-3rd	7-8 pm

Act#	Grade	Fee	Res Disc
114105 A	K-1st	\$22	\$20
114105 B	2nd-3rd	\$22	\$20

## Rookie Basketball

### An Introduction for Boys and Girls

Introduce your kindergarten-3rd grader to basketball. This non-competitive program stresses basic basketball skills along with developing sportsmanship and teamwork values. No standings will be kept.

**NOTE:** Troy residents only.

Use grade entering 2009-10 school year when registering

### K-1st graders:

Lowered baskets and smaller sized balls encourage children to be successful and develop sport confidence. Clinics and games interspersed throughout the eight week session. Parent coaches needed to assist staff. NO weekday practices. Players game times vary between 9-10 am, 10:10-11:10 am or 11:20 am -12:20 pm. Sites stay the same. First day - attend time slot you signed up for.

**Fee:** \$70- residents only.

**Session: Jan 16 - Mar 13 (8 weeks - no game February 13)**

Act#	Site	Day	Time
114100A	Bemis	Sat	9-10 am
114100B	Troy Union	Sat	9-10 am
114100C	Bemis	Sat	10:10-11:10 am
114100D	Troy Union	Sat	10:10-11:10 am
114100E	Bemis	Sat	11:20 am-12:20 pm
114100F	Troy Union	Sat	11:20 am-12:20 pm

### 2nd and 3rd graders:

An instructional program, which builds skill level, confidence, and game knowledge. Parent coaches conduct weekday practices and assist at games on Saturdays. Teams have one practice during the week in addition to the Saturday session.

Time and locations will vary each week. Basketball sites are Bemis, Martell, Barnard and Boulan Middle School. Games times vary: 8:50-10 am, 10:10-11:20 am, 11:30 am-12:40 pm.

A required coaches' meeting will be held Wed, Dec 9 at 6:30 pm at the Community Center. Parents interested in volunteering to coach need to complete Volunteer Form -- see details below.

#### Registration deadline is November 23

Registrations after the deadline will be placed on teams with openings (if available), not necessarily in their school/neighborhood.

**Fee:** \$70-residents only

**Session: Jan 16- Mar 13 (8 weeks - no game February 13)**

Act#	League	Day
*114101 Boys	2nd grade	Sat
*114102 Boys	3rd grade	Sat
*114103 Girls	2nd and 3rd grade	Sat

\*Please indicate what school your child attends on your registration form by using letter key on the form.

## Youth Basketball Leagues

The youth basketball program is for boys and girls residing in Troy. Games are played on Saturdays. Early evening weekday practices are held once a week at local schools. Most games played at Troy or Athens High Schools. A tee shirt is included in the fee. Players will be contacted by a volunteer coach concerning the first practice. Divisions are based on current grade as of the fall of 2009 (participants must register in the appropriate grade). Grades may be combined if needed to form a league.

### Volunteer Coaches Needed!

Interested individuals should indicate so on registration form and attend the coaches meeting at the Troy Community Center scheduled for Tuesday, September 22 at 6:30 pm for fall leagues and Tuesday, December 15 for winter leagues.

### Please note:

- Teams are formed by school and neighborhood which may require some areas to be divided or combined.
- Teams do not stay the same from year to year.
- Registrations after the deadline will be placed on teams with openings (if available), not necessarily in their school/neighborhood.
- Players transferring teams is not permitted.

### Grades 4-6

#### Registration Deadline – Sept 10

Act#	Grade	Fee
141801	Girls Grade 4	\$61
141802	Girls Grade 5	
141803	Girls Grade 6	
141804	Boys Grade 4	
141805	Boys Grade 5	
141806	Boys Grade 6	

Certified basketball officials assigned for these divisions. Practices begin October 3. Games begin October 17 and end in December.

### Grades 7-12

#### Registration Deadline – November 25

Act#	Grade	Fee
111807	Girls Grade 7/8	\$66
111810	Boys Grade 7	
111811	Boys Grade 8	
111812	Boys Grade 9	
111813	Boys Grade 10	
111814	Boys Grade 11	
111815	Boys Grade 12	

Certified basketball officials assigned for these divisions. Practices begin January 9. Games begin January 23 and end in March.

**Coach Volunteer opportunities are available for adults in our sports programs. Make a difference in your child's life by signing up to coach their team. All volunteers will be subject to a background check. Sign up to Coach online at: <http://www.troymi.gov/ParksRec/Sports/VolunteerCoaches/>**

## Ice Skating Lessons

Troy Sports Center  
1819 East Big Beaver  
248.689.6600

Learn to skate for hockey or figure skating. If you already know how to skate, you can always improve your skills. Each class will have 25 minutes of instruction and 25 minutes of practice without an instructor. All teachers certified by the U.S. Figure Skating. Students will be divided by age and skill level during the first class. 8-10 students per teacher. Please indicate at registration the last test passed, if any. There will be a one-time annual membership fee (July 1-June 30) required per new enrollee, payable on the first day to Troy Academy of Figure Skating. (Includes insurance, handbook, badges and stickers.) Students should dress warm; wear gloves, a helmet (bike or hockey) and skates. Skate rental is available for \$3/class.

### **Christmas Camp (4 days) Fee: \$49; Res Disc: \$44**

Act #	Ages	Days	Time	Beg	Ends
142403A	All ages	M-Th	10:10-11 am	Dec 28	Dec 31

### **Session 1: 7 weeks - Fee: \$82; Res Disc: \$77 (no class 10/17)**

Act #	Ages	Day	Time	Beg	Ends
142401A	3-7 yrs	Mon	5:10-6 pm	Sept 14	Oct 26
142401B	8-adult	Mon	6:10-7 pm	Sept 14	Oct 26
142401C	All ages	Wed	10:10-11 am	Sept 9	Oct 28*
142401D	All ages	Wed	1:10-2 pm	Sept 9	Oct 28*
142401E	All ages	Wed	6:10-7 pm	Sept 9	Oct 28*
142401F	3-7 yrs	Sat	8:40-9:30 am	Sept 12	Oct 31
142401G	8-adult	Sat	9:40-10:30 am	Sept 12	Oct 31

\*classes are 8 weeks: Fee: \$93; Res Disc: \$88

### **Session 2: 8 weeks - Fee: \$93; Res Disc: \$88**

Act #	Ages	Day	Time	Beg	Ends
142401H	3-7 yrs	Mon	5:10-6 pm	Nov 2	Dec 21
142401J	8-adult	Mon	6:10-7 pm	Nov 2	Dec 21
142401K	All ages	Wed	10:10-11 am	Nov 4	Dec 23
142401L	All ages	Wed	1:10-2 pm	Nov 4	Dec 23
142401M	All ages	Wed	6:10-7 pm	Nov 4	Dec 23
142401N	3-7 yrs	Sat	8:40-9:30 am	Nov 7	Dec 19*
142401O	8-adult	Sat	9:40-10:30 am	Nov 7	Dec 19*

\*classes are 7 weeks-Fee: \$82; Res Disc: \$77



### Get Some "Face" Time...

Become a fan of Troy Parks and Recreation on Facebook. Keep up to date with the latest sports, events and happenings. Easy to connect, sign up at [www.facebook.com](http://www.facebook.com). Type in Troy Parks and Recreation in the search box and "become a fan!"

## Youth Volleyball

### Girls Grades 5-8

Games are played on Saturdays, in the mornings and early afternoon. Teams are formed primarily by neighborhood and school area. Registrations after the deadline of Sept. 9 will be placed on teams with openings (if available), not necessarily in their school/neighborhood. Practices begin Sept. 26 and games on Oct. 10. No games Nov. 28. Weekday practices are at the discretion of the coach.

**Fee:** \$56 - residents only

**Location:** Boulton Middle School

**Registration Deadline:** Sept 9

#### Use grade for 2009-10 school year\*

Act#	Grades	Day	Practices Begin	Ends
144200	Girls Grade 7	Sat	Sept 26	Dec 5
144201	Girls Grade 8	Sat	Sept 26	Dec 5
144202	Girls Grade 6	Sat	Sept 26	Dec 5
144202	Girls Grade 5	Sat	Sept 26	Dec 5

\*Please register child in activity number that correlates to the school they attend. Use grade during the 2009-10 school year.

*A coaches organizational meeting is scheduled for  
Wed, Sept 16 at 6:30 pm at the Troy Community Center.*

**NEW!**  
4th grade  
division

## Floor Hockey

### Boys and girls in grades K-4th

Floor hockey is easy and safe to play with specially designed equipment. Children stay physically active during the winter months while playing this fast-paced game. Teams are formed according to neighborhood/school area. (Teams may be combined if an area is low in registration numbers.) Team shirt and participation award will be distributed to all players. Game times will vary.

A required coaches' meeting will be held on Wed, Dec. 9 at 7:45 pm at the Troy Community Center. Parents interested in volunteering should fill out the form at: <http://www.troymi.gov/ParksRec/Sports/VolunteerCoaches/>

**The registration deadline is November 23.** Registrations after the deadline will be placed on teams with openings (if available), not necessarily in their school/neighborhood. **NOTE:** program for Troy residents only.

#### **Session: Jan 9-Mar 6 (8 weeks - no league play on Sat, Feb 13)**

Act #	Location	Day	League	Fee
114085*	Larson	Sat	Kinder	\$66
114086*	Larson	Sat	1st	\$66
114087*	Larson	Sat	2nd	\$66
114088*	Larson	Sat	3rd	\$66
114089*	Larson	Sat	4th	\$66

\*Please indicate what school your child attends on your registration form by using letter key on the form.

## Downhill Skiing/Snowboarding Program

at Mt. Holly Ski Area with Troy Parks and Recreation

Learn a new sport and enjoy this winter by joining our Downhill Ski program! Registration Fees do not include rental and/or lift ticket each week. (2008-2009 prices were: Friday lift and rental--\$15 each; Saturday lift and rental--\$17 each). The lift and/or rental fees are collected each week by the Bus Supervisor. Each activity number represents a separate bus. Registration fee includes: supervision, lessons, and transportation.

**PROGRAM SESSION: January 8 and 9, 2010 for 5 weeks**

### Important Dates/Details:

Parent orientation for first time skiers: 7 pm, Thursday, December 10 at the Community Center.

Kinderspark orientation for participants and parents: 7 pm, Tuesday, December 8 at the Community Center.

**Make-up dates:** February 19 and 20, and February 26 and 27 (Past history indicates at least one make-up will be used).

Prorated refunds are NOT given if you cannot attend make-up(s). Make-up is only if ski trip is cancelled by Parks and Recreation.

### KINDERSPARKS – (Grades 1-3)

A fun learning experience for beginner skiers entering grades 1-3. Third graders skiing for the first time should register for this level. The day includes a 2 ½ hour lesson and a hot chocolate break. 1 to 5 supervision ratio. Max: 30/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	Res Disc	After Dec 1
142360A	Sat	Comm Center	8 am - 3:30 pm	\$199	\$194	\$224/\$219

### ELEMENTARY SKIERS – (Grades 3-5)

This program gives a positive introduction and continuation to the sport. Each youngster must take the included five 45-minute lessons. An experienced third grader should register for this level. 1 to 8 supervision ratio; participant must ski with staff member. Youngsters are assigned to groups based on ability and if they rent or own equipment. Max: 40/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	Res Disc	After Dec 1
142365A	Fri	Comm Center	4:15 - 10:30 pm	\$136	\$131	\$161/\$155
142365B	Sat	Comm Center	8:30 am - 4 pm	\$144	\$139	\$169/\$164

### ELEMENTARY SNOWBOARDING – (Ages 9-11)

This program is designed specifically for this age group. Registration includes five 45-minute lessons, supervision, and transportation. Fee does not include rental which was \$18 in 2008-09. (Current fee for this season will be published in Participant Handbook.) 1-8 supervision ratio; participant must ski with staff member. Max: 40/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	Res Disc	After Dec 1
142365E	Sat	Comm Center	8:30 am - 4 pm	\$180	\$175	\$205/\$200

### MIDDLE and HIGH SCHOOL

For students in grades 6-8 or 9-12. Participants will ski using "buddy system." Students do not ski with a staff member at this level. Skiers are responsible for skiing on appropriate ski level hills. Two lessons are included in fee. Students may snowboard in this age group; same fee, only one lesson. Check in time is not bus departure time. Max: 40/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	Res Disc	After Dec 1
142366A	Fri	Boulan	4:15-10:30 pm	\$126	\$121	\$151/\$146
142367A	Fri	Smith	4:15-10:30 pm	\$126	\$121	\$151/\$146
142368A	Fri	Larson	4:15-10:30 pm	\$126	\$121	\$151/\$146
142370A	Fri	THS	4:15-10:30 pm	\$126	\$121	\$151/\$146
142371A	Fri	Athens	4:15-10:30 pm	\$126	\$121	\$151/\$146
142372A	Fri	Comm Ctr-gr 6-10	4:15-10:30 pm	\$126	\$121*	\$151/\$146
142369A	Sat	Comm Ctr-gr.6-8	8 am - 4:30 pm	\$150	\$145	\$175/\$170
142369B	Sat	Comm Ctr-gr.6-10	8 am - 4:30 pm	\$150	\$145	\$175/\$170

\*Over flow bus for all Friday night buses.

**Refund Deadline:** Monday, December 14; **Refunds:** There is a \$10 service charge for requesting a refund with a packet and patch returned; \$15 service charge when requesting refund without packet and patch.



## Gymnastics

Troy Gymnastics, 1600 W. Maple, Troy  
248.816.TGYM

All participants must pay an annual membership fee of \$25 paid directly to Troy Gymnastics prior to the first day class.

**Activity I** (Aug 31 – Oct 21; 8 weeks)

**Activity II** (Oct 26 – Dec 16; 8 weeks)

**Ages 12 months - 3 years** – Class requires full parent participation and is geared toward the stages of early childhood development with the introduction of basic gymnastic skills.

Act #I	Act #II	Day	Time	Fee	Res Disc
141906A	141906AA	Mon	10:30-11:15 am	\$96	\$91
141906B	141906BB	Wed	10:45-11:30 am	\$96	\$91

**3 years** – Boys and girls will begin the exploration of gymnastics basics using music, obstacle courses and more in our weekly lesson plan to create a fun environment for your child.

Act #I	Act #II	Day	Time	NR	Res Disc
141900A	141900AA	Mon	9:30-10:15 am	\$96	\$91
141900B	141900BB	Wed	10-10:45 am	\$96	\$91

**Super Tot ages 3-6** – A two-hour class that offers one hour of gymnastics, snack and weekly theme units involving crafts, stories and more.

Act #I	Act #II	Day	Time	NR	Res Disc
141907A	141907AA	Mon	4-6 pm	\$171	\$166

**Ages 4 to Kindergarten** – Exploration of gymnastics basics and will use music and activities to create a fun environment.

Act #I	Act #II	Day	Time	NR	Res Disc
141901A	141901AA	Mon	1-1:55 pm	\$106	\$101
141901B	141901BB	Wed	9-9:55 am	\$106	\$101

**Boys 4-6** – Basics of gymnastics on the boys equipment developing strength and coordination that can help them in all sport activities.

Act #I	Act #II	Day	Time	NR	Res Disc
141902A	141902AA	Wed	4:30-5:25 pm	\$106	\$101

**Boys 6 and older** – Weekly lesson plans will be designed to meet the needs and skills of each child. Students will be working on all apparatus.

Act #I	Act #II	Day	Time	NR	Res Disc
141903A	141903AA	Wed	5:30-6:55 pm	\$146	\$141

**Tumbling 6 and older** – Basics of tumbling including rolls, handstands, cartwheels, bridges, roundoffs, and intro to walkovers.

Act #I	Act #II	Day	Time	NR	Res Disc
141912A	141912AA	Mon	4:15-5:10 pm	\$106	\$101

**Girls 6-8** – Weekly lesson plans will be designed to meet the needs and skills of each child. Students will work on all apparatus.

Act #I	Act #II	Day	Time	NR	Res Disc
141904A	141904AA	Mon	5:45-7:10 pm	\$146	\$141
141904B	141904BB	Wed	6:30-7:55 pm	\$146	\$141

**Girls 9 and older** – Weekly lesson plans designed to meet the needs and skills of each child. Students will work on all apparatus.

Act #I	Act #II	Day	Time	NR	Res Disc
141909A	141909AA	Mon	7:15-8:40 pm	\$146	\$141

## Cheerleading

Troy Gymnastics, 1600 W. Maple; 248.816.TGYM

All participants must pay an annual membership fee of \$25 directly to Troy Gymnastics prior to the first day of class.

**Activity I** (Aug 31 – Oct 21; 8 weeks)

**Activity II** (Oct 26 – Dec 16; 8 weeks)

## Cheernastics!

Our focus is on tumbling, stunting, jumps, dance and cheer fundamentals. This class will learn a mini-routine to showcase at the end of each 8-week session.

**Fee:** \$106 **Res Disc:** \$101

Act I #	Act #II	Age	Day	Time
141911A	141911AA	3-6	Tue	4:30-5:25 pm
141911B	141911BB	7 and up	Tue	5:30-6:25 pm

## Adult Tennis Leagues

### Troy Racquet Club

3400 Civic Center Dr.; 248.528.3400

Organized round-robin play for men and women. These leagues are designed for intermediate players, 3.0/3.5 level, according to the NTRP rating. Players are responsible for tennis balls during league play. **Please note that NO REFUNDS will be granted unless we have someone to take your place.**

**Session: September 22-January 16**

**Weeks:** 15 -- no play on Nov 28 and 29 and Dec 26 and 27

Act #	Class	Day	Time	Fee/Res Disc
142225A	Men's Singles	Tue	6-7 am	\$190/\$185
142225B	Men's Singles	Sat	7-8 am	\$220/\$215
142225C	Men's Singles	Sat	8-9 am	\$251/\$246
142225D	Women's Singles	Sun	7-8 pm	\$214/\$209

## Senior Doubles Tennis League

This league is for men and women 55 and older. Organized round-robin play is held at the Troy Racquet Club at 3400 Civic Center Drive. Doubles partners will be provided. **Please note that NO REFUNDS will be granted unless we have someone to take your place.**

**Session: September 23-January 13**

**Weeks:** 16 -- no play on Dec 23

Act #	Class	Day	Time	Fee/Res Disc
142226A	Seniors	Wed	1-3 pm	\$156/\$151

## Mixed Doubles Nights

Everyone needs a night out with their friend, spouse or significant other. We'll mix the couples around and everyone is guaranteed a good time. 4 weeks. Fee is per couple.

Act #	Dates	Day	Time	Fee	Res Disc
142226B	Oct 2-23	Fri	8-10 pm	\$118	\$113

## Tennis Lessons

Improve your tennis game with lessons at the Troy Racquet Club (Bubble), 3400 Civic Center Drive. Participants must wear tennis shoes and bring their own racquet. Tennis balls are provided. Baby-sitting is available Monday - Friday until 3 pm for \$3 per hour.

**Refunds for indoor tennis lessons must be requested five days prior to first class.**

**Beginner I** - Person has never played tennis in the past.

**Beginner II** - Maybe had one session of lessons.

**Advanced Beginner** - Person has had more than one session of lessons, practices skills, serious about tennis. (2.0-2.5 player.)

**Intermediate** - Person should be able to rally and volley comfortably with a decent serve. (3.0 player)

**A Level** - must be 3.5 or better.

**A-B Level** - Intermediate to advanced player.

**Junior Excellence** - Includes current tournament players, beginner tournament players or high school level.

**Session begins: September 21**  
Second session class options listed online

### **JUNIORS: ages 7-17 Instr: Curt Smith & Staff**

Act #	Class	Day	Time	Wks	Fee/Res
142290A	Beg II (8-14)	Mon	4-5 pm	7	\$110/\$105
142290B	Int (10-15)	Wed	4-5 pm	7	\$110/\$105
142290C	Beg I (7-10)	Thu	4-5 pm	7	\$110/\$105
142290D	Adv Beg (10-14)	Thu	5-6 pm	7	\$110/\$105
142290E	Beg II (8-10)	Sat	9-10 am	7	\$110/\$105
142290F	Adv Beg (10-14)	Sat	10-11am	7	\$110/\$105
142290G	Int (10-13)	Sat	11am- noon	7	\$110/\$105
142290H	Jr Exc (10-17)	Sat	1-3 pm	7	\$191/\$186
142290J	HS Jr. Exc	Sun	6-8 pm	7	\$191/\$186
142290K	HS Jr Exc	Sun	2-4 pm	7	\$191/\$186

### **ADULTS: Instr: Curt Smith & Staff**

Act #	Class	Day	Time	Wks	Fee/Res
142295A	Int	Mon	7-8 pm	7	\$110/\$105
142295B	Int	Wed	8-9 pm	7	\$110/\$105
142295C	Coed A&B Level	Wed	9-11 pm	6	\$191/\$186
142295D	Int	Thu	7-8 pm	7	\$110/\$105
142295E	Men's A Level	Thu	8-10 pm	6	\$191/\$186
142295F	Adv Beg	Sat	12-1 pm	7	\$110/\$105
142295G	A Level Pract	Sun	8-10 pm	6	\$191/\$186

### **JUNIORS: ages 4-16 Instr: John Kennedy & Staff**

Act #	Class	Day	Time	Wks	Fee/Res
142305A	Beg II (6-10)	Mon	4-5 pm	6	\$96/\$91
142305B	Beg I (4-8)	Tue	4-5 pm	6	\$96/\$91
142305C	Adv Beg (8-12)	Tue	4-5 pm	6	\$96/\$91
142305D	Jr Devel (10-15)	Tue	4-6 pm	6	\$186/\$181
142305E	Beg II (8-12)	Tue	5-6 pm	6	\$96/\$91
142305F	Beg I (6-10)	Tue	5-6 pm	6	\$96/\$91
142305G	Adv Beg (8-12)	Tue	5-6 pm	6	\$96/\$91
142305H	Int (10-14)	Tue	5-6 pm	6	\$96/\$91
142305J	Beg II (6-10)	Wed	5-6 pm	6	\$96/\$91

142305K	Adv Beg (12-16)	Thu	4-5 pm	6	\$96/\$91
142305L	Int (10+)	Thu	5-6 pm	6	\$96/\$91
142305M	Jr Exc (10-18)	Fri	4-6 pm	6	\$186/\$181
142305N	Beg I (6-10)	Fri	4-5 pm	6	\$96/\$91
142305O	Beg II (6-10)	Fri	4-5 pm	6	\$96/\$91
142305P	Adv Beg (6-10)	Fri	4-5 pm	6	\$96/\$91
142305Q	Int (8-12)	Fri	5-6 pm	6	\$96/\$91
142305R	Beg I (10-14)	Fri	5-6 pm	6	\$96/\$91
142305S	Adv Beg (6-10)	Fri	5-6 pm	6	\$96/\$91
142305T	Beg I (5-10)	Sat	11-12 noon	6	\$96/\$91
142305U	Adv Beg (8-12)	Sat	12-1 pm	6	\$96/\$91
142305V	Beg I (12-16)	Sat	2-3 pm	6	\$96/\$91
142305W	Tourn Train (12-16)	Sat	2-4 pm	6	\$186/\$181

### **ADULTS: Instr: John Kennedy & Staff**

Act #	Class	Day	Time	Wks	Fee/Res
142300A	Cardio Tennis	Mon	10-11 am	6	\$96/\$91
142300B	Beg I	Mon	2-3 pm	6	\$96/\$91
142300C	4.0 Practice	Mon	5-7 pm	6	\$186/\$181
142300D	Beg II	Tue	9-10 am	6	\$96/\$91
142300E	Int	Wed	5:30-7 pm	6	\$156/\$151
142300F	Int	Fri	9-10 am	6	\$96/\$91
142300G	Beg I	Fri	10-11 am	6	\$96/\$91
142300H	Cardio Tennis	Sat	2-3 pm	6	\$96/\$91
142300J	Adv Beg	Sun	4-5 pm	6	\$96/\$91
142300K	Int	Sun	5-7 pm	6	\$186/\$181
142300L	Beg I	Sun	7-8 pm	6	\$96/\$91
142300M	Adv Beg	Sun	8-9 pm	6	\$96/\$91

### **JUNIORS: ages (4-16) Instr: Rob Olmstead and Staff**

Act #	Class	Day	Time	Wks	Fee/Res
142310A	PeeWee (4-6)	Thu	4-5 pm	7	\$126/\$121
142310B	Beg (6-10)	Sun	12-1 pm	7	\$126/\$121
142310C	Adv Beg (8-12)	Sun	1-2 pm	7	\$126/\$121
142310D	Adv Beg (10-14)	Sun	2-3 pm	7	\$126/\$121

### **ADULTS: Instr: Rob Olmstead and Staff**

Act #	Class	Day	Time	Wks	Fee/Res
142310E	Beg	Mon	6-7 pm	6	\$116/\$111
142310F	Adv Beg	Mon	6-7:30 pm	6	\$166/\$161
142310G	Inter	Tue	6-8 pm	6	\$196/\$191
142310H	High -Int	Tue	8-10 pm	6	\$196/\$191
142310J	Adv (3.5+)	Tue	8-10 pm	6	\$196/\$191
142310K	Adv Beg	Sat	11am-1pm	6	\$196/\$191

### **PeeWee Lessons**

142227A	PeeWee(4-6)	Mon	1-2 pm	6	\$108/\$103
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## Youth Winter Break Tennis Camps

Instructor: Scott Ransome

Instructor to student ratio: 1:6; Minimum: 4

**Session: (6 days - M,Tu,W) Dec 21, 22, 23, 28, 29, 30**

Act #	Class	Time	NR/R
142311A	Beg (6-10)	9-10 am	\$96/\$91
142311B	Adv Beg (10-14)	10-11 am	\$96/\$91
142311C	HS-JV	11-12:30 pm	\$138/\$133

## Sanchin-Ryu Karate

**Kids Karate, Self Defense and Project: Secure Child** – trained with proven, age appropriate techniques used to protect kids from attackers. Set in a fun, yet structured environment. Achieve great self confidence and leadership through physical techniques, mental strategies, drills and exercises. Focus on healthy attitudes versus perfection.

**Family Karate** – set in a fun, non-competitive atmosphere, program allows parents to learn alongside their children. Sanchin-Ryu teaches you to use your whole body, so size and stature are not an issue. Physical techniques will be instructed along with drills and exercises.

**Adult Karate** – a program designed to empower today's adults with knowledge that can save your life! Learn a broad range of techniques including individual strikes, advanced combinations and more. Receive training on how to deal with, get out of and counter different grabs and other attack scenarios.

**Special Note:** Uniforms are available, but not required. Sanchin is an ongoing study set up in sessions.

**Instructor:** Matt Gauthier, 2nd Degree Black Belt

**Location:** Morse Elementary School

### Session 1: Wednesdays, Sept 9-Oct 28 (8 weeks)

Act#	Level	Age	Day	Time	Fee	Res Disc
144040A	Youth/Self Def.	4-14	Wed	6:30-7:15 pm	\$38	\$33
144040B	Family	Parent/child	Wed	7:15-8 pm	\$69	\$64
144040C	Adult	14 and older	Wed	8-8:45 pm	\$38	\$33



### Session 2: Wednesdays, Nov 4-Dec 9 (4 weeks-no class 11/18 & 11/25)

Act#	Level	Age	Day	Time	Fee	Res Disc
144040D	Youth/Self Def	4-14	Wed	6:30-7:15 pm	\$19	\$17
144040E	Family	Parent/child	Wed	7:15-8 pm	\$38	\$33
144040F	Adult	14 and older	Wed	8-8:45 pm	\$19	\$17

## Judo and Streetwise Self-Defense

Judo is a martial art that teaches throwing and grappling techniques used in close quarter self-defense. An Olympic event since 1964, this sport is great for all ages! We have beginners from age 6 to 50. Self-defense prepares individuals with skills of everyday survival on the street. A combination of Jujitsu, Karate and common sense skills make this class a must!

Students wear sweat pants and sweat shirts. Join our staff of 4 black belts with 17 years of experience. Head Instructor: Dan Van Hemm, 3rd degree Black Belt, Coaches: John Berra, 3rd degree Black Belt, Gary Wood, 3rd degree Black Belt, Louise Ullman, 2nd degree Black Belt. Visit our website at [www.troyjudo.com](http://www.troyjudo.com) For more information contact Dan Van Hemm at 248.877.6732.

**Location:** International Academy East

Session I	Fee	Res Disc	Session II	Fee	Res Disc
Individual	\$52	\$47	Individual	\$45	\$40
Family	\$97	\$92	Family	\$84	\$79
Self Def	\$40	\$35	Self Def	\$40	\$35
Self Def (L)	\$75	\$70	Self Def (L)	\$75	\$70

### Session I: Mondays, Sept 14 - Oct 26 (7 weeks;\* 5 weeks)

Act# (Indiv.)	Level	Age	Time	Family Fee
144030 A	Beg	6-13	6:30-7:30 pm	144030 G
144030 B	Int/Adv	6-13	7:30-8:30 pm	144030 H
144030 C	Beg	14 & over	7:30-8:30 pm	144030 I
144030 D	Int/Adv	14 & over	7:30-8:30 pm	144030 J
144030 F	Self Def.*14 & over	8:30-9 pm		144030 L*

### Session II: Mondays, Nov 2 – Dec 7 (6 weeks;\*5 weeks)

Act# (Indiv.)	Level	Age	Time	Family Fee
144031 A	Beg	6-13	6:30-7:30 pm	144031 G
144031 B	Int/Adv	6-13	7:30-8:30 pm	144031 H
144031 C	Beg	14 & over	7:30-8:30 pm	144031 I
144031 D	Int/Adv	14 & over	7:30-8:30 pm	144031 J
144031 F	Self Def.*14 & over	8:30-9 pm		144031 L*

## Japanese Shotokan Karate

A traditional Japanese art focuses on strong basic blocks, punches and kicks. Learn self-defense, controlled sparring and Kata in addition to a series of techniques to defend against multiple attackers. Develop balance, coordination, discipline, confidence, courtesy and endurance. Students wear loose fitting clothes, no jewelry. Uniforms available for purchase. Those advancing in rank require a uniform. The minimum age is 7. For further information contact Jerry Morrone at 248.478.4623 or visit the website at [www.mmshotokankarate.com](http://www.mmshotokankarate.com)

Note: One time additional \$20 fee for strike pads paid to instructor at first class.

**Instructor:** Jerry Morrone, 5th Degree Black Belt

**Location:** Costello - Gym

**Fee:** (7 weeks) Fee: \$52      Res Disc: \$47  
(6 weeks) Fee: \$45      Res Disc: \$40

### Session I: Mondays, Sept 14-Oct 26 (7 weeks)

Act#	Level	Ages	Day	Time
144035A	Beg	7-13 yrs.	Mon	6:30-7:20 pm
144035B	Int/Adv	7-13 yrs.	Mon	7:20-8:10 pm
144035C	Beg	14 and older	Mon	8:10-9 pm
144035D	Int/Adv	14 and older	Mon	8:10-9 pm

### Session II: Mondays, Nov 2-Dec 7 (6 weeks)

Act#	Level	Age	Day	Time
144035E	Beg	7-13 yrs.	Mon	6:30-7:20 pm
144035F	Int/Adv	7-13 yrs.	Mon	7:20-8:10 pm
144035G	Beg	14 and older	Mon	8:10-9 pm
144035H	Int/Adv	14 and older	Mon	8:10-9 pm

## 2009-2010 Adult Basketball League

League play begins October 2009 - March 2010. League information mailed the week of August 24. Returning teams have priority to register first. **Leagues are allowed an unlimited number of non-residents (non-residents pay an additional fee).**

### Division A

Thursdays, Larson Middle School (best caliber)

### New!- Division B

Mondays, Smith Middle School (average caliber)

### Division C

Thursdays, Baker Middle School (average caliber)

### New!-Division F

Wednesdays, Smith Middle School – Over 30 age division

**If you have questions call  
Parks and Recreation at 248.524.3484.**

## Skate World of Troy

2825 E. Maple Rd.; 248.689.4100

Basic balance is required for most of the structured classes. Otherwise we recommend you attend one of the "Learn to Skate sessions".

**In these classes we offer ONLY GROUP INSTRUCTIONS.**

Structured classes have one instructor for every 25 students. ONE-ON-ONE teaching is not offered during these classes.

**Learn to Skate** - For beginners of all ages. Two hours open skating with 20 minute GROUP instruction in starting, stopping, forward skating, and introduction to backward skating.

**Adult Beginners** - Ages 15 and older. Six one-hour GROUP lessons in starting, stopping, forward, intro to backward, skate dancing.

**Children Beginners** - ages 14 and under. Six 45- minute GROUP lessons in starting, stopping, forward skating, introduction to backward and free style skating. Music and games. If you lack basic balance, take Learn to Skate first.

**Children Advanced** - For ages 5-14; includes six 45-minute GROUP lessons in perfecting starting, stopping, forward skating, introduction to backward skating, figure skating, and free-style skating. Must have basic balance.

**Blading Class** - For beginners ages five and older. You may use your own approved in-line skates if they are "rink safe." Wear comfortable clothing, helmet (bike helmet) and safety pads. Please arrive one-half hour early for the first class. One-hour class.

Learn to Skate classes: Fee: \$36, Res Disc: \$31

All other classes: Fee: \$41, Res Disc: \$37

### Session: Sept 22-Oct 31 - 6 weeks

Act#	Class	Ages	Day	Time
142220A	Blading	5 and older	Tue	5:30-6:30 pm
142220B	Learn to Skate	All	Wed	4-6 pm
142220C	Adult Beg	15 and older	Wed	10-11 am
142220D	Child Beg	14 and under	Sat	12-1 pm
142220E	Child Adv	5-14	Sat	12-1 pm
142220F	Learn to Skate	All	Sat	10 am-noon

## Adult Volleyball Leagues

### Two-Season Format!

First season will begin in early September and continue through mid December. Second season will begin in early January and continue through mid April. Registration fee discount for signing up for both seasons in August. Sign up by team only. Individuals may submit their name to be placed on a list that is made available to teams needing players.

League	Day	Site
Men's B	Wednesday	Boulan
Men's C	Monday	Boulan
Women's B and C	Thursday	Boulan
Coed C	Wednesday	Boulan
Coed B	Tuesday	Boulan

No limit on number of non residents per team. To receive league information, please call 248.524.3484.